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THE ENCYCLOPEDIA OF PSYCHOACTIVE DRUGS

NICOTINE

An Old-Fashioned Addiction

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APPENDIX 1

TOLERANCE QUESTIONNAIRE

ANSWER	SCORE		
_____	_____	***1.***	How soon after you wake up do you smoke your first cigarette?
_____	_____	***2.***	Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, at the library etc.?
_____	_____	***3.***	Which of all the cigarettes you smoke in a day is the most satisfying one?
_____	_____	***4.***	How many cigarettes a day do you smoke?
_____	_____	***5.***	Do you smoke more during the morning than during the rest of the day?
_____	_____	***6.***	Do you smoke if you are so ill that you are in bed most of the day?
_____	_____	***7.***	What brand do you smoke?
_____	_____	***8.***	How often do you inhale?

Scoring

The questions are scored so that higher points indicate a higher level of addiction to cigarettes. A score of 6 or more indicates a high level of physical dependence.

1: One point is assigned to smoking within 30 minutes.
2, 5 and 6: Items are scored with one point for yes answers.
3: One point is assigned for answering "the first cigarette in the morning."
4: Smokers are divided as light, 1-15 cigarettes; moderate, 16-25; and heavy, more than 25 (1 to 3 points).
7: The brands are classified into three categories with low, medium, and high nicotine levels (1 to 3 points).
8: Always—2 points; sometimes—1 point; never—0 points.

From Fagerstrom, K.O., "Measuring Degree of Physical Dependence to Tobacco." Addictive Behaviors, *vol 3., 1978, p. 235.*

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